

# The Fort Huachuca Scout®



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## 11th Signal Brigade welcomes back Team 40th

See Pages A16, 17



Photo by Gordon Van Vleet

### Inside



Courtesy Photo

### Health

Use precaution to prevent  
Salmonella poisoning

See Page A2

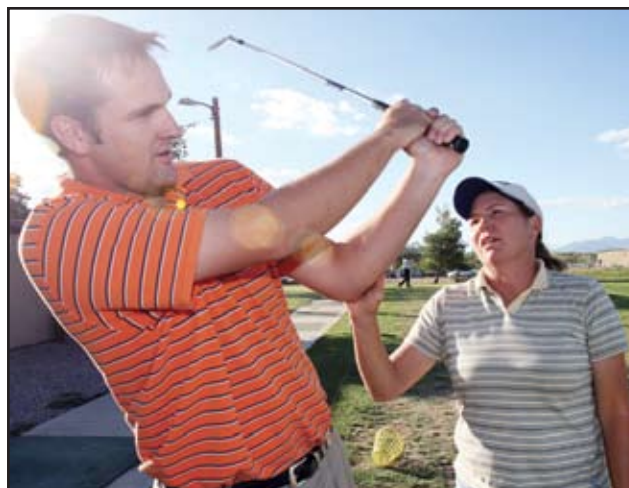


Photo by Thom Williams

### Leisure

MVGC offers lessons

See Page B3



Photo by Thom Williams

### Football

Fort hosts youth football

See Page B1



# Follow simple steps to prevent Salmonella poisoning

By Maj. Rebekah Sarsfield  
Preventive Medicine

A cluster of Salmonella-poisoning cases has been identified in the Sierra Vista area. Twenty cases have been diagnosed involving mostly young children and young adults in the region. Although no sources have been linked to the outbreak at this time, we should all take general precautions in order to stay healthy.

Salmonella is a bacteria that can cause infection in humans, often causing diarrhea, abdominal cramps, and fever within 12 to 72 hours after infection.

The illness usually lasts 4 to 7 days, and most persons recover without treatment. However, in some persons the diarrhea may be so severe that the patient needs rehydration or hospitalization.

Salmonella is most often transmitted to humans by eating foods or drinking water contaminated with animal feces. Contaminated foods are often of animal origin, such as beef, poultry, milk or

eggs, but all foods, including vegetables may become contaminated. Salmonella can also be transmitted from human to human through improper hand washing and hygiene practices.

Salmonella may also be found in the feces of some pets, and people can become infected if they do not wash their hands after contact with these feces. Reptiles (including turtles) are particularly likely to harbor salmonella, and careful attention should be made that proper hand washing of both adults and children is performed after handling reptiles, even if they're healthy. Proper hand washing prior to preparing foods, to include infant formula, as well as after completing such tasks as diaper changing and going to the bathroom is also critical.

## Prevention:

- Don't eat raw or under-cooked eggs, poultry or meat
- Cook poultry, ground beef and eggs thoroughly before eating. Do not eat or drink foods containing raw eggs or un-

pasteurized milk

- Wash kitchen work surfaces and utensils with soap and water immediately after they have been in contact with raw meat or poultry
- Wash produce thoroughly before consuming
- Cross contamination of foods should be avoided. Uncooked meats should be kept separate from produce, cooked foods and ready-to-eat foods
- Wash hands before handling any food, thoroughly after handling uncooked foods and between handling different foods
- Wash hands after handling reptiles or birds, or after contact with pet feces
- Avoid direct or even indirect contact between reptiles (turtles, iguanas, other lizards, snakes) and infants or immunocompromised persons
- Don't work with raw poultry or meat and an infant (i.e. feed, change diaper) at the same time
- Maintain foods at proper tempera-

tures when cooking, storing and serving. Hot foods should be maintained at a temperature over more than 140 °F and cold foods at less than 40 °F.

All cases of salmonella are reported to the local health department so that if many cases occur at the same time, they can quickly take action in order to determine the source and stop the spread of illness.

The Cochise County Health Department has been tracking the recent outbreak of 20 cases and are working closely with Arizona Department of Health Services and the Preventive Medicine staff at Raymond W. Bliss Army Health Center. In addition, the Cochise County Health Department is in close communication with local health care providers, schools, and day care centers.

For further information on prevention or questions, call either Raymond W. Bliss Army Health Center, Preventive Medicine Service at 533-3536 or Cochise County Health Department at 432-9400.

## Scout On The Street — What do you do to avoid food poisoning?



Carol Baynes  
NETCOM/9th ASC, G-2

*"I wash the vegetables really well."*



Bill Garmon  
USAIC, G-6

*"When I hear about something like the spinach thing, I sure don't eat any spinach. I stay away from whatever the bad flavor of the month is."*



Chrissy Woodson  
305th Military Intelligence Battalion

*"I just make sure that all my greens and stuff are thoroughly washed before eating them."*



Sean Spellane  
NETCOM/9th ASC

*"I keep tabs on what is going on and I try not to go to any restaurants that have a bad history."*



Cynthia Wright  
Sports and Fitness Branch

*"I use a cutting board, and then I wash it immediately afterward in hot water. Then I try not to use too many things on that cutting board at the same time."*

**Editor's Note:** Part two of the story, "Army aims to ease deployment woes, save marriages," will appear in a future edition.

## The Fort Huachuca Scout

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Contributing Writer.....Michael Collins

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# Competitive sourcing study planned

## Scout Reports

Garrison Commander Col. Jonathan Hunter announced Friday the Department of Army is conducting a competitive sourcing study of the Directorate of Plans, Training, Mobilization and Security function in accordance with Office of Management and Budget Circular A-76.

The purpose of the A-76 circular is to ensure the government does not compete with its citizens in certain enterprises. For example, it would provide little public benefit to hold competitive bidding for police services. The inherent requirement of trust in the officer and the necessity to ensure life and property are protected without a profit motive makes this service essentially a government function. Similarly, competing sewer systems would be grossly inefficient because the incessant repairs on public right of ways and assurance of public health issues.

There are some jobs however that the private sector may be able to do as well as government and that is why the competitive bidding process was established. For example, construction, lawn care, medical care and shipping are all services that both the government and private enterprise are engaged. It is the specific nature of the work however which determines whether the public sector or private sector would produce a more efficient product or service for the public good.

The competitive enterprise system is the primary source of national economic strength and for the most part, more efficient in the production of goods and services. In recognition of this principle, it has been the general policy of the Government to rely on com-

mercial sources to supply the products and services the Government needs whenever possible.

Accordingly, Congress enacted laws that will ensure the government relies on commercially available sources to provide commercial products and services. In accordance with the provisions of the A-76 circular and its supplement, the government shall not start or carry on any activity to provide a commercial product or service if the product or service can be procured more economically from a commercial source.

The results of this DPTMS study on Fort Huachuca will determine whether it is more efficient and cost effective to have the Range Control and Airfield functions at Fort Huachuca performed by the public or private sector. This initiative is comprised of multiple phases over a 12 to 18 month period. Throughout the process, input from various Department of the Army organizations and stakeholders will be critical. The competitive sourcing process is complex because of the impact on the DA workforce, unions, and internal and external customers.

As required, ongoing training and support will be given to key stakeholders involved in the competitive sourcing process as a means of explaining the course of action that is suggested through various phases of the project and the purpose behind such actions. More formal training will be planned for those who will be specifically involved in the development of certain competitive sourcing products (i.e., PWS, Management Plan). In addition, the ongoing support communication includes such things as human capital issues, the solicitation, legal issues, independent review guidance and budget funding needs. For hu-

man capital issues, information and support will be provided to the affected workforce to prepare them for the outcomes of the competitive sourcing process and help them prepare for the potential next steps.

The DPTMS Functional Team will disseminate results and summaries to appropriate stakeholders, as required. The purpose of these results and summaries is to relay the findings of each phase of the study through presentation of analysis, documentation of findings, and associated recommendations.

The potential cost savings resulting from the competitive sourcing program are critical in the current resource-constrained environment. Any resulting efficiencies could provide further flexibility and contribute to the Army's Installation Management Agency ability to reallocate much-needed resources. In addition, the A-76 process helps IMA more accurately capture true costs of providing those functions being competed, providing another perspective on assessing service output levels and performance standards for many of the services garrisons provide.

"IMA and many other agencies throughout the Government are being asked to provide more services at higher quality with the same or less funding," said Hunter. "Competitive sourcing is one of the programs IMA is using to gain efficiencies to deliver required services in funding constrained times."

"If we conduct the competition with the goal to produce the most accurate and comprehensive documentation possible I am confident the performance decision will be good for Fort Huachuca Garrison and the Army," Hunter continued. "We should embrace this challenge to demonstrate how good we really are."

## Construction underway for new Col. Johnston Elementary School

*A worker digs a trench for a sewer line for the new Colonel Johnston Elementary School. The new building is designed for a projected capacity of around 500 students and features class sizes from 12 to 17 students, improved bus drop off and pick-up points, more natural lighting and scenic mountain views from the windows.*

*The new school will use water-saving landscaping techniques, waterless urinals and rainwater capture and reuse technologies consistent with the fort's firm commitment to conserve water.*

Photo by Thom Williams



# CFC to kick off at Fort Huachuca

## Scout Reports

It is almost time for the 2006 Combined Federal Campaign to kick off. It will start at Fort Huachuca Oct. 6 and run through Nov. 17. The kick-off luncheon that was to be held Friday has been moved to Oct. 13 at Thunder Mountain Activity Center. The cost will be \$9.75 per person. Please get with your platoon representative or Sgt. 1st Class Dexter Thomas at 538-2108, if you are interested in attending.

Here are some statistics from last year: Total donations were \$23,857. Of those assigned here, 9.1 percent of the individuals participated with an average



donation of \$418.54. This year coordinators would like to see a significant increase in the number of individuals who decide to donate.

The easiest way to give to your favorite charity is through the payroll deduction program. The minimum donation for payroll deduction is \$2 per month. If you want to just give

a one-time cash/check donation, the minimum is \$5.

To keep operating costs down, this year very few hardcopy 2006 CFC Brochures were given out.

Instead, the preferred method for finding out the four-digit charity code for your favorite charity is to go online to [www.cfcaz.org](http://www.cfcaz.org). On that Web site is a Google search engine that will allow you to search for a charity or charities to donate. You can either search by Charity/description or CFC Code, or you can search by Taxonomy (ie. Medical Research, Youth Development, Recreation/Sports, etc). You can also view the entire Brochure online.

There is one misconception to dispel. When you look at the organization's description, at the end it will give you a percentage number. This is how much of donations go toward that organization's operational expenses. This is only if you donate money directly to that organization. When you donate through the CFC, absolutely none of your money goes toward those operating expenses.

### Incentive awards:

- Pacesetter award \$150-299.99 — CFC Flag Pen
- Double pacesetter \$300-599.99 — CFC Ball Cap
- Leadership award \$600 and up — Eagle Statuette

## Special needs family members get support

By Rob Martinez  
Scout Staff

The Exceptional Family Member Program coordinates with military and civilian agencies to provide the Department of Defense with community support, housing, education, medical and personnel services for families with special needs.

"The reason it is particularly important for Army families is because they move so often," said Gail Mortensen, EFMP manager. "Imagine if you have a spouse or child who has some kind of special need. You get all of your services set up where you are; everything's working well. Everybody knows what they need to do, and progress is being made. And then you get orders and ... you're off to the next installation and the next installation may have services, but they may be different. The state that you're in may have different services for your child. The educational system there might have different services in terms of the level of things they can provide, and you've got to try to figure all that out every time you move."

The EFMP program has managers at all installations to provide coordination as soon as Soldiers arrive so they can hit the ground running, explained Mortensen. She recommends that Soldiers contact her before they leave so they can coordinate with the receiving installation's

EFMP manager. "As much prior coordination we can do ... including the Soldier ... all helps things go much more smoothly for them, so when they get there, they don't have to spend a lot of time trying to figure all these things out."

Special needs can be physical, emotional, developmental, or intellectual. Examples are: asthma, allergies, diabetes, epilepsy, hemophilia, limited mobility, language difficulties, depression, or developmental delays. Many other special needs may qualify an individual for the mandatory enrollment program or other services.

Another aspect of the program, during reassignment, is a mandatory screening process for families going overseas to insure that they do not leave unaware that a family member has a special need or that the receiving installation cannot accommodate that need, such as medication or educational accommodations.

Mortensen manages the process of the EFMP and works alongside many agencies. "It's just not ... on the ACS (Army Community Services) side of the house. The medical system ... does the screening for us to enroll people or consider them for enrollment. Housing works with us ... for family members who have some kind of physical disability that might need ... physical accommodation accessibility. Personnel does the reassignment process. Child and Youth Services, we work with them with placement of children ... so that Youth Services and

Child Care will be aware of what accommodations need to be made. Recreation, we encourage the recreation director to have programs that are accessible to people who have special needs.

"The focus of it really is that special need," Mortensen said.

All the agencies involved have a quarterly meeting to assess the program's effectiveness. EFMP also has group meetings during which exceptional family members can network, and classes are given on pertinent matters, like writing individualized education plans, so families can become better advocates for their exceptional family members. ACS also has a Family Advocacy Library where family members can check out books that have information on various special needs.

"We had a Soldier whose mother began living with her ... and had issues with Alzheimer's. We gave her information about Alzheimer's support groups, advised her to talk to JAG ... to get advice on setting up powers of attorney or making sure mom's will was taken care of, some of those kinds of things.

"Then we coordinate with outside agencies ... try to stay abreast with the support groups available in the local community.

"We take a broad view. Whatever they need, we try to help them," Mortensen said.

For more information, contact ACS at 533-6871.

## Resumes should speak truth in voicing experience to employers

By Michael Collins  
Scout Staff

Being a civil servant is a demanding, yet rewarding, job. The Federal Government looks for the best and the brightest employees who want to serve their fellow countrymen and who are willing to share their knowledge, skills, and energy for the betterment of our nation.

The payoffs are plentiful for employ-

ees of the Federal government as well. Benefits include generous time off for vacation and holidays, job stability and good pay. These reasons and the satisfaction derived for advancing the public good are just some of the incentives that drive millions of workers to seek work with the nation's largest employer.

Sadly though, there are those so anxious to gain employment with the federal government that they take shortcuts

with the truth. Lying or exaggerating accomplishments are the most common offenses to gain employment. Once hired, the new employee quickly forgets his or her inflated claims. His supervisor and co-workers however are counting on the skills or experience listed.

In a recent study conducted by Brad Fredericks, co-founder of Resume Doctor, resumes from job seekers from a diverse set of industries ranging from entry

level to executive level were checked for accuracy of information. The study found that more than 42 percent of resumes contained one significant inaccuracy or more. Nearly 13 percent contained two or more inaccuracies.

Fredericks noted that, "Although many employers no longer offer character references, they still confirm or deny

See RESUMES, Page A14



# AAFES Columbus Day holiday hours

**Launderette**  
Always open

**Main Post Exchange**  
Monday — 10 a.m. to 5 p.m.

**Main Store Barber Shop**  
Monday — 11 a.m. to 4 p.m.

**Main Store Flower Shop, General Nutrition Center, UPS Store, Optical Shop**  
Monday — 11 a.m. to 4 p.m.

**Wired Coffee-PX Mall and RW-BAHC**  
Friday through Monday — Closed

**Anthony's Pizza**  
Monday — 10:30 a.m. to 5 p.m.

**Robin Hood Deli**  
Monday — 11:30 a.m. to 4 p.m.

**Furniture Store/Outdoor Living**

**and Furniture Store**  
Monday — 10 a.m. to 5 p.m.

**Alltel Wireless**  
Monday — 11 a.m. to 4 p.m.

**Shoppette/Class 6**  
Monday — 8 a.m. to 9 p.m.

**Xtreeme Franks**  
Saturday through Monday — Closed

**Barracks Phone Center, Laundry, Dry Cleaner, Alterations Main Store, Military Clothing Sales Store, Military Clothing Sales Store, Cochise Theater, Greely Hall Diner, Enterprise, Baskin Robins, Beauty Shop, Enterprise**  
Monday — Closed

**AT&T Cyber Zone**  
Monday — 8 a.m. to 8 p.m.

**Wired Coffee-Regimental Mall**

Friday — 6:30 a.m. to 1 p.m.  
Saturday and Sunday — Closed  
Monday — noon to 6 p.m.

**Barber Shop Regimental**  
Monday — 11 a.m. to 4 p.m.

**Burger King**  
Friday — 6 a.m. to 7 p.m.  
Saturday — 8 a.m. to 6 p.m.  
Sunday — 10 a.m. to 5 p.m.  
Monday — 10 a.m. to 5 p.m.

**Barber Shop Greely Hall**  
Friday through Monday — Closed

**JITC Cafeteria**  
Friday — 7 a.m. to 1 p.m.  
Monday — Closed

**Mobile Vans**  
Friday through Monday — Closed

**Regimental Retail Store**  
Monday — 8 a.m. to 8 p.m.

**Regimental Food Court-Anthony's**  
Friday — 10:30 a.m. to 7 p.m.  
Saturday — Closed  
Sunday — Closed  
Monday — noon to 8:30 p.m.

**Charley's**  
Friday — 10:30 a.m. to 7 p.m.  
Saturday — noon to 5 p.m.  
Sunday — noon to 4 p.m.  
Monday — noon to 8 p.m.

**Popeye's**  
Friday — 10:30 a.m. to 7 p.m.  
Saturday — noon to 5 p.m.  
Sunday — noon to 4 p.m.  
Monday — noon to 8:30 p.m.

**Main Gate Shoppette**  
Monday — 8 a.m. to 8 p.m.

**Taco John's**  
Saturday — 11 a.m. to 3 p.m.  
Sunday through Monday — Closed

## Advertisement



## Fort continues to conserve water

*Workers from Marsh Development and Labor Ready use rakes and a Bobcat to spread rocks near quarters on Moore Circle. The rocks are replacing grass, in the housing area, which had required watering and cutting.*

Photo by Thom Williams

# Advertisement

# Advertisement



## Mascots report for duty at post blood drive

*Bloodhounds Col. Winston Barker (bottom), and 9-week-old Pvt. Barker, who is following in his father's paw prints, report for duty as mascots at the post blood drive at Eifler Physical Fitness Center Sept. 26. The bloodhounds mingled with Soldiers waiting to give blood at the Armed Services Blood Program event. The next blood drive to be held at Fort Huachuca is scheduled to take place from 2 to 8 p.m. Oct. 24 and 25 at Eifler Physical Fitness Center.*

Photo by Tanja Linton

# Advertisement



# Advertisement

# New MI instructor proves 'model' Soldier

Story and photo by  
Anthony Reed  
Scout Staff

Fort Huachuca has a star in its midst.

You may have seen his face on countless ads in newspapers and magazines, or even caught a glimpse of him on television.

Spc. Michael Olivero is the "face" of the U.S. Army Reserve.

The U.S. Army Intelligence Center instructor here was selected from thousands of entrants worldwide to be in posters, ads and commercials promoting the U.S. Army Reserves.

According to Olivero, the Department of the Army put out a casting call to all U.S. Army Reserve units to "find someone to represent who we are, and what we do."

To be considered, entrants had to have prior active duty service.

"They (DA) also required us to have an interesting, 'cool' civilian job," Olivero added.

Officials also looked at candidates' military training and experience.

The Bronx, N.Y., native is a civilian contractor for Raytheon when not donning Army fatigues.

"I'm basically doing the same job as a civilian as I do in the Army," he said.

Olivero served four years active duty where he was a Terminal High Altitude Air Defense specialist. With his five years as a Reservist, he has committed nine total years to serving his country.

Olivero was among 100 finalists who made the cut for the promotional spot. "The selection committee delved more into our lives after that cut," he

said. "They checked our civilian and family background. They wanted to make sure the got the 'best of the best'."

Olivero proved worthy as he was among the four finalists.

"The final four shot advance spots for the Army Times, Soldier Magazine, the Army Reserve Magazine and many poster opportunities," Olivero said. "They shot me at White Sands Missile range with the THAD radars. It was cool, but I wasn't too thrilled about putting on make-up for the first time."

Being selected as one of four finalists would seem to be the epitome of success, but the selection committee still had to choose one from among them to be used for video and the Web site. After more scrutinizing, Olivero was chosen.

At the time, he was working at Raytheon's Woburn, Mass., office and living in Concord, New Hampshire, with his two sons, Michael, 6, and Ryan, 3.

"A film crew came out for three days and followed me around," he said. "I was forced to wear the make-up again as they shot footage at home, at my civilian job and at my unit during training."

Olivero said the film crew accompanied him on his commute to work, followed him around the office, and even shot footage of him playing with his sons in the park after work.

"It was perfect timing for them to catch me at my unit," he said. "We had a Commander's Challenge Range that turned out really well."

Olivero said he joined the Reserves because "I missed the Army when I first got out. I wanted to come back in after 9-11, but my company has



**Spc. Michael Olivero is the "face" of the U.S. Army Reserve.**

been very supportive of my wanting to continue serving. It's a nice way to have the best of both worlds."

Being selected as the "face of the U.S. Army Reserve" has been a great honor for Olivero.

"I'm proud to represent the Reserves," he said. "There are top quality people serving side by side with our active duty counterparts. To me, we're all on the same team. The only difference is, they do it full time, and we do it part-time."

Olivero said he doesn't consider himself a star after all he accolades. "Like the Yankees, I'm just part of a winning team."

*Editor's Note: Look through this edition of the Scout for Olivero's ad.*

**“ I’m proud to represent the Reserves. There are top quality people serving side by side with our active duty counterparts. To me, we’re all on the same team. ”**

*Spc. Michael Olivero  
U.S. Army Reserve*



# Federal Employee Health Benefits starts open season

## Scout Reports

This Federal Employee Health Benefits open season for 2006 will be held from Nov. 13 through Dec. 11. Coverage will become effective Dec. 31.

There will be three programs available for employees and retirees to choose from. These consist of the regular FEHB plans, the Federal Flexible Spending Account (FSAFEDS) Program, and the new Federal Employees Dental and Vision Insurance Program (FEDVIP).

All 2007 FEHB Guides, health plan brochures and the FEHB plan codes needed for enrollment along with the 2007 premium rates can be found at [www.opm.gov/insure/health](http://www.opm.gov/insure/health).

Employees who wish to elect a health care flexible spending account, a limited expense health care flexible spending account, or a dependent care flexible spending account must make an election during the open season. Please note if you were previously enrolled in any of the Federal Flexible Spending Accounts it will not roll over and you will

need to make a new election during this open season for your contributions to continue. More information can be obtained by visiting [www.fsafeds.com](http://www.fsafeds.com).

For the first time, eligible federal and postal employees and retirees will also be able to enroll in the new Federal Employees Dental and Vision Insurance Program during this open season. FEDVIP will offer enrollees group dental and vision insurance at competitive rates without pre-existing conditions on an employee pay-all basis. Employees will

be able to enroll in self only, self plus one, or self and family coverage. For updates on this new plan, visit [www.opm.gov/insure/dentalvision](http://www.opm.gov/insure/dentalvision).

Employees wishing to enroll or make changes to current enrollments in FEHB, FSAFEDS or FEDVIP should log on to [www.abc.army.mil](http://www.abc.army.mil). This is the Army Benefit Center-Civilian Web site and access may be gained using an employee's Army Knowledge Online account. Once an employee is logged into ABC-C, he should click on "Transactions." A listing of all benefits

will come up. Once an employee clicks on "FEHB," he may begin the process of enrolling or making changes to a current enrollment. It is suggested that the employee print a copy of the completed transaction for his records.

To ensure your enrollment is received and processed by the Dec. 11, deadline it is recommended that you make your elections early.

For questions regarding the 2006 FEHB open season, you may contact the Civilian Personnel Advisory Center at 533-5273.

## Open season for new for dental, vision benefits program

### Scout Reports

The Federal Employee Dental and Vision Benefits Enhancement Act of 2004 requires the Office of personnel management to establish arrangements under which supplemental dental and vision benefits will be made available to federal employees, retirees, and their dependents.

The new Federal Employees Dental and Vision Insurance Program will be available to eligible federal and postal employees, retirees, and their eligible family members on an enrollee-pay-all basis. This new program allows dental and vision insurance to be purchased on a group basis which means competitive

premiums and no pre-existing condition limitations. Premiums for enrolled federal and postal employees will be withheld from salary on a pre-tax basis.

Enrollment will take place during the upcoming FEHB open season Nov. 13 through Dec. 11. Coverage will be effective Dec. 31.

Eligible individuals can enroll in a dental plan and/or a vision plan. They may enroll in a plan for self-only, self plus one, or self and family coverage. Eligible family members include an enrollee's spouse and unmarried dependent children under the age of 22, or if age 22 or older, incapable of self-support. The rules for family members' eligibility are the same as they are for the FEHB Program.

Employees must be eligible for the FEHB Program in order to be eligible to enroll in FEDVIP. It does not matter if they are actually enrolled in FEHB — eligibility is the key. Annuitants are eligible to enroll in FEDVIP no matter what their FEHB status is.

We will post more information as it becomes available. We have not signed contracts with the insurance carriers yet and we cannot provide information on benefits, premiums or enrollment at this time.

There will be an extensive informational campaign prior to and during the open season. For more information, send an e-mail to [FEDVIP@opm.gov](mailto:FEDVIP@opm.gov) or call (202)606-0745.

## Advertisement

Range closures announced

Thursday– AL, AW, T1, T1A, T2,  
Friday – AL  
Saturday – AL, T1, T1A, T2  
Sunday – AL, T1, T1A, T2  
Monday– AL  
Tuesday – AL, AR, T1, T1A, T2  
Wednesday – AL, AR  
For more information on range closures contact  
Range Control at 533-7095. Closures are subject to  
daily change

Housing area utility project underway

Construction to relocate overhead power and  
communication lines underground in Cavalry Park 5  
Housing Area is underway. This construction is neces-  
sary to install the conduit for electric, communication  
lines, and Cox and Qwest services in this area.  
For safety reasons, residents and visitors should  
limit use of the roads in the affected area.

FEHB open season begins

This year’s Federal Employees Health Benefits  
open season will be held from Nov. 13, through Dec.  
11. Coverage will become effective Dec. 31.  
There are three programs available for employees  
and retirees to choose from this year. These consist  
of the regular FEHB plans, the Federal Flexible  
Spending Account Program, and the new Federal  
Employees Dental and Vision Insurance Program.  
All 2007 FEHB guides, health plan brochures, and  
the FEHB plan codes needed for enrollment along  
with the 2007 premium rates can be found at [www](http://www).

Chaplains’ Corner

True religious freedom recognizes religious differences

By Chaplain (Maj.) Kevin Leideritz

Last Saturday I went to the park with my five-  
month-old daughter. She was asleep, and it was a bit  
chilly so I had the cradle cover up. After walking a  
while I sat at a park bench next to a woman with an  
identical stroller. We discovered that both our daugh-  
ters were named Stacy. Both were born last May at  
the local hospital. Both had blue eyes, brown hair,

[opm.gov/insure/health](http://opm.gov/insure/health).

To ensure your enrollment is received and pro-  
cessed by the Dec. 11 deadline, it is recommended  
that you make your elections early.

For questions regarding this year’s FEHB open  
season, you may contact the Civilian Personnel Ad-  
visory Center at 533-5273.

Domestic Violence Awareness Month

Army Community Service will present a series of  
educational classes regarding domestic violence.  
The classes will be held from 10 to 11 a.m., Oct.  
13; and from 5-6 p.m., Oct. 23 at the ACS Building,  
50010.  
For more information, call Lana Tompkins-  
Stutzman, at 533-2993 or ACS at 533-2330.

Giving Tree Program seeks volunteers

Thanksgiving and Christmas are right around the  
corner and so is the Giving Tree Program. Volunteers  
are needed to sit at the Post Exchange in 2-hour incre-  
ments from 10 a.m to 4 p.m., Nov. 1 thru Dec. 3.  
Units are welcome to sign up for the entire day. If  
you don’t have the time to volunteer, take a tag off the  
tree and put a smile on a child’s face at Christmas.  
For more information, call 533-4748, for more  
information.

AETNA & BC/BS reps visit

A representative from AETNA Insurance and  
Blue Cross/Blue Shield Insurance will be on Fort  
Huachuca Oct. 18. They will be providing informa-

tion on the new Dental and Vision Programs being  
offered in November for the Federal Employees  
Health Benefits Open Season in addition to informa-  
tion about their regular insurance plans.  
The representatives will be set up in Murr Com-  
munity Center, Room # 3 from 11 a.m. to 1 p.m.  
For more information, contact the Civilian Person-  
nel Advisory Center at 533-5273.

Medicare open enrollment begins

Medicare’s open enrollment starts Nov. 15. and  
ends Dec 31. Coverage begins Jan. 1. If you are satis-  
fied with your plan, you do not have to do anything  
to re-enroll. Enroll early to make sure you can get the  
prescriptions you need on Jan 1st.  
For more information, call 1-800-MEDICARE  
or TTY 1-877-486-2048 or e-mail [www.medicare.gov](http://www.medicare.gov).

Leave donations sought

The following Department of the Army civilians  
on Fort Huachuca are currently on the Leave Donor  
Program and need leave donations: Michael Clark,  
DPS; Alicia Doyle, WCPOC; Linda Haldorson,  
MEDDAC; Pamela Hastings, CA/ITEC-4; Aline  
Knight, IG; Robert Martinez USAIC & FH; Shirley  
Michaud, DOIM; Lora Otero, CSLA; Kimberly Out-  
law, DPS; Patricia Paiz, 305th MI Bn; Susan Pester,  
MEDDAC; Scott Van Voorst, FUTURES.  
For additional information regarding the Leave  
Donor Program or how you can donate annual leave,  
contact Schenando Nason, Civilian Personnel Advi-  
sory Center, at 533-5273.

and dimples. The parallels were uncanny.  
As we talked, a child on a bike crashed nearby.  
We ran over to help, but he was surprisingly unhurt.  
Before we returned an elderly couple moved our  
strollers in order to sit on the bench. We returned to  
our strollers, said good-bye, and parted company. I  
then replayed the scene in my head. I wasn’t certain  
that I ended up with the right stroller. “Oh well,” I  
told myself, “The babies have so many similarities

they are essentially the same anyway.” I continued  
home enjoying the day.  
Preposterous? Absolutely. Regardless of similari-  
ties, any parent would immediately check to see if  
he/she had his/her actual child. While the similarities  
are interesting, the differences are significant  
In the realm of religion many similarities ex-

See RELIGION, Page A14

<b>Protestant Sunday Services</b> 9:00 a.m. Gospel 9:30 a.m. Protestant 11 a.m. Cross Roads 11 a.m. Collective Protestant	<b>Roman Catholic Worship</b> Mon.-Fri. Mass 11:30 a.m. Sunday Mass 9:15 a.m. Sunday Mass noon	<b>Jewish Worship</b> Every Friday 7 p.m.	<b>Protestant</b> • PWOC Tuesday 9 a.m. & 6 p.m.	<b>Women’s Ministry Bible study</b> 1st, 3rd Friday 6 p.m. • Bible Study/Choir Practice Thursday 6 p.m. • Ministerial Staff Training Tuesday 6 p.m. • Men’s Choir Rehearsal Tuesday 7 p.m. • Youth Fellowship 3rd, 4th Saturdays 8:30 a.m. • Women’s Choir 2nd Tuesday 7 p.m. • Women’s Choir 5th Saturdays 11a.m. • Youth Church 1st, 2nd, 3rd, & 5th	<b>Catholic</b> • CCD Sunday 10:45 a.m. • Adoration of the Blessed Sacrament Friday 3 - 6 p.m. • MCCW 1st Friday 9 a.m.	<b>Korean</b> Choir practice Friday 6:30 p.m. OCIA Friday 7 p.m.	<b>Muslim Prayer</b> Friday 12:15 p.m.	<b>Orthodox Divine Liturgy</b> 1st & 3rd Sunday 9:30 a.m.	<b>Latter Day Saints Service</b> Sunday 1 p.m.	<b>Youth Ministries</b> • Middle school Sunday 4 - 5 p.m. • High school Sunday 5:30 - 7 p.m.
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**Legend**  
Main Post  
Main Post, Room 24  
Main Post Blessed Sacrament Chapel  
Prosser Village  
Kino Chapel  
Eifler



# Advertisement

From **RESUMES**, Page A4

an employee's dates of employment and overall role at the company. Surprisingly, these are the most common details for a job seeker to exaggerate." He adds, "Odds are that nearly one out of two resumes misrepresent the job seeker's employment history or education."

Many people justify resume padding or lying by arguing "Everyone does it" or "If I don't, someone else will get the job". The truth is not everyone does.

The news is full of scandals that have resulted from employees exaggerating claims on their resumes. Recently, one highly placed federal appointee in the current administration was forced to resign when it was discovered the information on his resume was full of false claims and exaggerations. A recent congressional investigation uncovered 463 federal employees who had credentials from unaccredited schools giving bogus degrees, including three individuals with high-level security clearances. At the municipal level, the mayor of a California town was recently humiliated when confronted by the exaggerations listed on his resume about his educational achievements.

Tom O'Brien, Chief of the Civil-

ian Personnel Advisory Center at Fort Huachuca described the consequences for lying or padding your resume. "In the Resumix system, applicants are prompted to certify that all the information they have entered is true. If it is determined at a later date that the applicants' information is not accurate, they may be removed under a charge of falsification."

At the other end of the spectrum are potential employees who would make good additions to the workplace but either understate their claims or don't know how to properly prepare a resume.

Roberta Sipes of Army Community Service says, "A resume should be a brief, written summary of your skills and experience. It is an overview of who you are and a tool to present yourself to employers. The goal of a well-written resume is to gain a job interview. And job interviews hopefully lead to employment."

Employers and personnel managers are very busy and tend to review resumes rapidly. Therefore, your resume must quickly catch the employer's attention. Writing a brief, to-the-point description of your experience and skills can do this. Tell the truth on your resume. Write your

resume to describe how your skills will meet the employer's needs.

Sipes added, "When applying for a job, read the job advertisement or announcement very carefully. Then customize your resume by writing up your skills to describe and match what the employer is looking for. It is helpful to describe your experience and skills by using some of the same words the employer used in the job advertisement."

Sipes and other members of Army Community Service invite members to a class called, Clean up Your Resume. Participants will learn tips to better prepare their resumes for accuracy, make themselves more marketable and learn culture and subtle nuances of employment interviews. No appointments are necessary and participants may drop-in without calling ahead. For more information about classes about resumes and Resumix classes, or the federal resume writing program call Sipes at Army Community Service at 533-2330.

The career opportunities available to as a Federal employees are endless. Once on board, the track you take and how far you want to go depends entirely upon you.

From **CHAPLAIN**, Page A12

ist. Most religions teach ethical principles and a version of the "Golden Rule." Most religions have sacred writings, prophets, and teachings of the afterlife. Some conclude that all religions are essentially the same. Because of political correctness and cultural sensitivity, some try to deny significant differences. The basic thought becomes, "It doesn't matter what religion you choose."

True religious freedom recognizes the differences in religion. Religious freedom means that I can whole-heartedly believe the tenets of my faith, you can whole-heartedly believe the different tenets of your faith, and we can respect one another. The principle of religious freedom offers the counter thought: "Because one's choice of faith is eternally significant, each person has the right and responsibility to choose for him or herself."

May God help us to choose wisely.

# Advertisement





## Cross-cultural training

*Brig. Gen. Gyu Sang Lee, assistant chief of staff, C-6, Combined Forces Command Korea, (center) listens as U.S. Navy Lt. Cmdr. Tony Park, chief, C4I Interoperability Branch, U.S. Forces Korea, (right) translates what Capt. James Tolbert, commander 86<sup>th</sup> Signal Company, has said about the capabilities of the tactical satellite terminal mounted on the HMMWV behind them. Lee was at Fort Huachuca to learn how Network Enterprise Technology Command/9th Army Signal Command operates and maintains communication on the battlefield for the warfighter. The Korean army is also transforming and Lee is looking for ways to keep his military's commanders in contact with each other and their soldiers.*

Photo by Staff Sgt. Jeff Troth

## Advertisement



# 11th Signal Welcomes Back 11th Signal Brigade Soldiers



Photo by Gordon Van Vleet

**Brig. Gen. (P) Carroll Pollett, commanding general, Network Enterprise Technology Command/ 9th Army Signal Command, talks with Spc. Charles Manuel and his family.**



**Sgt. 1<sup>st</sup> Class Jose Jaquez and his wife Larura reunite.**



**Staff Sgt. Robert Woods enjoys his homecoming.**



# 11th Signal Brigade Task Team 40TH

## Members return from OIF rotation



### Scout Reports

After a year-long deployment. They arrived at Fort Huachuca's Libby Army Airfield early the morning. They were welcomed by 11th Signal Brigade Commander Col. John Hildebrand, 40th Signal Battalion Commander Sgt. Maj. Marilyn Washington and 40th Signal Battalion members. There was a welcome home ceremony at Barnes Field House on Fort Huachuca after their deployment. They provided communications support services, satellite transmissions, secure Internet, and fiber optic cables.



Photo by Eric Hortin

Homecoming with his family.



Photo by Eric Hortin

Sgt. James Enyart, with his wife Danica and stepson Zane McCloud, holds his son for the first time since he was born.



Photo by Eric Hortin

Family members hold up signs welcoming back their Soldiers.

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## Service News

# Ultimate sacrifice in support of Global War On Terrorism

**1st Lt. James Lyons**, 28, of Rochester, N.Y., died Sept. 27 in Baghdad, Iraq, of injuries suffered when his mounted patrol came in contact with enemy forces using small arms fire during combat operations. Lyons was assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade, 4th Infantry Division, Fort Hood, Texas.

**Staff Sgt. Jose Lanzarin**, 28, of Lubbock, Texas, was killed in Ar Ramadi, Iraq, Sept. 26, when an improvised explosive device detonated near his vehicle during combat operations. Lanzarin was assigned to the 2nd Battalion, 6th Infantry Regiment, 1st Armored Division, Baumholder, Germany.

**Pfc. Christopher Riviere**, 21, of Cooper City, Fla., died Sept. 26 of wounds received while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 2nd Battalion, 3rd Regiment, 3rd Marine Division, III Marine Expeditionary Force,

Kaneohe Bay, Hawaii.

**Cpl. Casey Mellen**, 21, of Huachuca City, Ariz., died Sept. 25 in Balad, Iraq, of injuries suffered when his mounted patrol came in contact with enemy forces using small arms fire during combat operations in Mosul, Iraq. Mellen was assigned to the 5th Battalion, 20th Infantry Regiment, 3rd Brigade, 2nd Infantry Division (Stryker Brigade Combat Team), Fort Lewis, Wash.

**Lance Cpl. Howard March Jr.**, 20, of Buffalo, N.Y., died Sept. 24 while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Lance Cpl. Rene Martinez**, 20, of Miami, Fla., died Sept. 24 while conducting combat

operations against enemy forces in Al Anbar province, Iraq. He was assigned to 3rd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

**Spc. Windell Simmons**, 20, of Hopkinsville, Ky., died of injuries suffered in Taji, Iraq, Sept. 23, when an improvised explosive device detonated near his HMMWV during combat operations. Simmons was assigned to the 3rd Battalion, 67th Armor Regiment, 4th Brigade, 4th Infantry Division, Fort Hood, Texas.

**Staff Sgt. Carlos Dominguez**, 57, of Savannah, Ga., died of injuries suffered in Taji, Iraq, Sept. 23, when an improvised explosive device detonated near his HMMWV during combat operations. Dominguez was assigned to the 414th Civil Affairs Battalion, Utica, N.Y.

Two Soldiers died in Riyadh, Iraq, Sept.

See **SERVICE NEWS**, Page A21

## Advertisement



From **SERVICE NEWS**, Page A20

23, of injuries suffered when an improvised explosive device detonated near their HMMWV during combat operations. Both Soldiers were from the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade, 25th Infantry Division, Schofield Barracks, Hawaii.

Killed were:

**Sgt. Velton Locklear, III**, 29, of Lacey, Wash.

**Pfc. Kenneth E Kincaid, IV**, 25, of Lilburn, Ga.

**Sgt. Allan Bevington**, 22, of Beaver Falls, Pa., died of injuries suffered in Ar Ramadi, Iraq Sept. 21, when an improvised explosive device detonated near him during combat operations. Bevington was assigned to the 40th Engineer Battalion, 2nd Brigade Combat Team, 1st Armored Division, Baumholder, Germany.

**Pvt. Eric Kavanagh**, 20, of Glen Burnie, Md., died of injuries suffered in Baghdad, Iraq, Sept. 20, when an improvised explosive device detonated near his HMMWV during combat operations. Kavanagh was assigned to the 1st Battalion, 26th Infantry Regiment, 2nd Brigade Combat Team, 1st Infantry Division,

Schweinfurt, Germany.

**Cpl. Yull Estrada Rodriguez**, 21, of Alegre Lajas, Puerto Rico, died Sept. 20 while conducting combat operations against enemy forces in Al Anbar province, Iraq. He was assigned to the 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii.

**Master Sgt. Robb Needham**, 51, of Vancouver, Wash., died in Baghdad, Iraq, Sept. 20, of injuries suffered when his patrol came in contact with enemy forces using small arms fire during combat operations. Needham was assigned to the Army Reserve's 1st Battalion, 356th Regiment (Logistical Support), 4th Brigade, 91st Division, Fort Lewis, Wash.

**Sgt. 1st Class Charles Jones**, 29, of Lawrenceburg, Kan., died from a non-combat related incident Sept. 20, Jones was assigned to the National Guard's 149th Brigade Combat Team, Louisville, Ky.

**Cpl. Bobby Callahan**, 22, of Jamestown, N.C., died Sept. 19, in Baghdad, Iraq, of injuries suffered when his HMMWV rolled over while maneuvering. Callahan was assigned to the 4th

Battalion, 31st Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Division (Light Infantry), Fort Drum, N.Y.

**1st Lt. Ashley (Henderson) Huff**, 23, of Belle Mead, N.J., died of injuries suffered in Mosul, Iraq, Sept. 19, when a suicide vehicle-borne improvised explosive device detonated near her mounted patrol during combat operations. Huff was assigned to the 549th Military Police Company, 385th Military Police Battalion, Fort Stewart, Ga.

**Spc. Jared Raymond**, 20, of Swampscott, Mass., died on Sept. 19, in Balad, Iraq, of injuries suffered when an improvised explosive device detonated near his M1A2 Abrams Tank during combat operations in Taji, Iraq. Raymond was assigned to the 1st Battalion, 66th Armor Regiment, 1st Brigade, 4th Infantry Division, Fort Hood, Texas.

**Cpl. Cesar Granados**, 21, of Le Grand, Calif., died of injuries sustained in Baghdad, Iraq, Sept. 15, when an improvised explosive device detonated near his HMMWV during combat operations. Granados was assigned to the 2nd Battalion, 8th Infantry Regiment, 3rd Brigade, 4th Infantry Division, Fort Hood, Texas.

## Advertisement

# Buffalo Corral offers a different recreation choice

Buffalo Corral Horseback Riding Stables offers a way to escape from the stress of everyday living, and it's located right here on Fort Huachuca. The stables house more than 40 horses, available for public riding.

Nestled in the foothills of the beautiful Huachuca Mountains, Buffalo Corral offers an historic backdrop for a variety of riding experiences including trail rides, open riding, riding lessons, birthday parties, overnight rides, horse leasing, holiday rides, plus a private mount boarding area.

Buffalo Corral rents horses to groups or individuals by the hour. Riding lessons are offered for all skill levels. The corral can set up a trail ride to your specifications. Patrons can plan a two-hour ride, a day-long ride or an overnight ride.

Oct. 9, Columbus Day, the corral will offer open riding from 9 a.m. to 4 p.m.

The annual Tombstone Helldorado Days Trail Ride is set for Oct. 20, 21 and 22. Patrons interested in participating in this three-day ride, should call

Buffalo Corral for the details.

The corral will be closed from Oct. 19 - 22 because of the Helldorado ride. It will re-open for business Oct. 26.

From 3 to 5 p.m. Oct. 28, Buffalo Corral will offer a trail ride, followed by a steak barbecue. The ride is open to everyone.

Reservations are required by close of business Oct. 23.

The corral is open to the public 9 a.m. - 4 p.m., Thursday - Sunday. Authorized Morale Welfare and Recreation patrons can enjoy the corral's services at reduced rates. Open riding is available during regular hours.

Guided weekend trail rides are offered 9 - 11 a.m. and 2 - 4 p.m., Saturdays and Sundays, depending on weather conditions and time of year. Registration and pre-payment are required



MWR courtesy photo

at least 24 hours in advance.

For more information, call Buffalo Corral at 533-5220.

## Trap, skeet shooting class

The Sportsman's Center will offer a class for patrons who wish to learn the basics of trap and skeet shooting with certified instruction at the beginners' trap and skeet clinics that will be held at noon, tomorrow and Oct. 20.

Cost is \$10 and includes ear plugs, one box of ammunition, rental shotgun and one round of targets.

For more information, call 533-7085.

## New classes at MWR Arts Center

The Morale Welfare and Recreation Arts Center will offer an abstract painting class from noon to 2 p.m. this Saturday, Oct. 14 and 21. Cost of the class is \$75 and includes all materials.

An autumn/winter Creative Memory shape-maker scrapbooking class will be offered from noon to 2 p.m. Saturday. Cost of this class is \$10.

For a complete list of activities or to register for these classes, visit the MWR Arts Center, Building 52008, Arizona Street.

For more information, call 533-2015.

## Get TCC tickets at Murr CC

The MWR Recreation Program Registration and Ticket Office has tickets available for the following events at the Tucson Convention Center: Oct. 10 - 15, "The Ten Tenors;" Oct. 18 - 22, Disney on Ice, "The Incredibles;" and Nov. 2, Juan Gabriel.

TCC tickets are available from 10 - 11 a.m. and 1 - 4 p.m. Monday through Friday, at Murr Community Center. For more information, call 533-2404.

## Junior golf clinic begins October 14

A junior golf clinic, for ages 6 to 17, will be held

Saturdays, from 10 to 11 a.m., Oct. 14 through Nov. 18 at Mountain View Golf Course.

Cost is \$8 per person. This includes instruction, use of clubs and range balls. No reservations are required for this clinic.

MVGC is located at Building 15479 and is accessible to everyone from Wilcox Avenue, off Buffalo Soldier Trail. For more information or to make a tee time, call 533-7088.

## B.O.S.S. to hold food drive

Supplies at the Fort Huachuca Chaplain's Food Locker are low and need to be replenished.

Better Opportunities for Single Soldiers will sponsor a food drive to help restock the shelves at the food locker Oct. 14 and 15.

Donations will be accepted at the FH Commissary from 10 a.m. to 6 p.m. those two days.

Some of the items that are needed include: canned meats and fish, canned soups and pasta, canned fruits, condiments such as salad dressing, mayonnaise, mustard and ketchup, boxed cereal, dry packaged pasta, canned dinners, flour, sugar and rice.

Donations of hot dogs, packaged ground beef and cut-up chickens will also be welcomed.

In addition to these and other food items, the food locker also needs all sizes of disposable diapers and toilet tissue.

For more information, call 533-4748 or e-mail [widtfeldtj@hua.army.mil](mailto:widtfeldtj@hua.army.mil).

## Meeting for beach volleyball set

The MWR Sports and Fitness Branch will

present the 2006 Beach Volleyball Tournament, beginning at 11 a.m. Oct. 28 and 29 at Irwin Pool.

Entry deadline and team meeting will be held at 6 p.m. Oct. 19 at Barnes Field House.

The 4 on 4 tournament is open to the public 18 and older. Categories will include male team, female team and co-ed team. Entry fee is \$80 per team.

Awards will be presented to the first and second place teams in each category of play. There must be a minimum of eight teams in each category for the tournament to proceed.

For more information, call Tom Lumley at 533-5031 or Alyssa Neider at 533-0041.

## CDC to offer special child care hours

Child and Youth Services will offer "Parents' Night Out," from 6 to 10 p.m. Oct. 21 at the New Beginnings Child Development Center. These special care hours are offered on a bi-monthly basis. The CDC is located in Building 48101, Smith Street.

Pre-registration is required. To sign up, call the Central Registration Office at 533-0738.

## Aerobics classes at BFH

The Sports and Fitness Branch of MWR offers aerobics/body sculpting class from 9:15 to 10:30, Tuesdays and Thursdays at Barnes Field House.

Step aerobics is offered from 11:40 a.m. to 12:40 p.m. Wednesdays and Fridays, also at Barnes Field House.

Cost is \$3 per class or \$1 for active duty military personnel only.

For more information, call 533-0041.



## Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com)



# The Scout TimeOut

## Post hosts youth football

Story and photos by Thom Williams  
Scout Staff

Every Saturday through the end of October, Fort Huachuca plays host to a marathon of youth football games at Geronimo Field near the Post Youth Services building on Cushing Street.

The games kick-off at 8 a.m. with flag football games for children 5 to 7 years old.

As the day goes on, older youth in the Mighty Mite, Pee Wee and Midget Divisions take the field.

Cheerleading squads match up in age with the football teams they support.

Youth football in Sierra Vista almost disappeared a few years ago. Youth who wanted to play football had to travel to Huachuca City.

"The city of Sierra Vista committed totally to soccer, so there was no place to start anything up and there was no place to practice and play," said Keith Hampton, chairperson of the Sierra Vista American Youth Football and Cheer Association, and coach of the Mighty Mite Sierra Vista Red Cardinals.

"Fort Huachuca gave us a home, and we kind of threw the seeds down here and it allowed us to grow."

The Sierra Vista Association participates in the Southeast Arizona Youth Football League which is comprised of 36 football teams from seven communities throughout this portion of the state.

The league comes under the national

umbrella of American Youth Football, Inc., an international youth football organization and organizes 17 games in Cochise and Santa Cruz Counties every Saturday.

Youth from seven communities in Southern Arizona Communities take part in the league. Communities with an AYF Association are, Douglas, Bisbee, Willcox, Nogales, Sierra Vista, Huachuca City and Benson.

"When I first got here in 2003 under the Pop Warner program, there were four possibly five associations in the league and Sierra Vista could barely scrounge together two teams and now Sierra Vista has 13 teams," said Thomas Ransford, league chairman and a Soldier at Fort Huachuca.

Ransford said the Sierra Vista football program has got the attention of Buena High School Head Football Coach Mike Vezzosi, who contacts the association when he is putting on clinics and provides training techniques and drills to the organizations volunteer coaches.

He pointed out that five players have graduated from the Sierra Vista Midget football team to become starters on the Buena High School freshman team.

Ransford agreed that Fort Huachuca has played a prominent role in the accomplishments of the program.

"We would not have been successful if it wasn't for Youth Services and MWR (Directorate of Morale Welfare and Recreation) and the support that they give to our program," he said.



**A running back for the Sierra Vista Pee Wee Red Cardinals attempts to score a point after a touchdown during a game against the Bisbee Miners Saturday on Geronimo Field.**



**(Above right) A speedy Sierra Vista Red Cardinal Tyree Brown gets around the corner of the Bisbee Miners defense and makes a beeline for the end zone where he scored a touchdown for his Mighty Mite Division football team.**

**(Below right) Members of the Mighty Mite Division Sierra Vista Red Cardinals listen to coaches during halftime of their football game against the Bisbee Miners.**



# Be careful what you drink

By George Colfer, Ph.D.  
Scout Staff

Does this sound all too familiar? You are a healthy military-age male or female who does well on your service's PFT, military training and in some sports participation. You even allow extra time for additional physical exercise when you can. Still, you cannot seem to lose that extra weight. You eat reasonably well, don't overindulge too often and express overall concern about maintaining good health. You have tried every reasonable avenue to lose the excess poundage, but still no luck.

First of all, you are not alone and second, the most difficult weight to lose are the last few pounds to reach your goal. There may be one method you haven't yet tried.

Military personnel often do not have complete control over what and when you eat due to the nature of their work, hours, travel and availability of food choices. There is one aspect they can control most of the time and that is what you drink. It's well known that excessive alcohol consumption will add on the pounds but, the most overlooked liquids are those that contain sugar.

Drinking soda and other sweetened beverages may hold the key to losing extra pounds. Studies have shown that drinking one can of soda per day can add on 15 extra pounds a year. That also applies to fruit-based drinks that are loaded with added sugar. About one-third of all carbohydrate calories come from added sweeteners and much of that is in beverage form.

High fructose corn syrup, the number one added sweetener in drinks, doesn't trigger insulin pro-

duction to process calories nor does it spur leptin, a substance which helps moderate appetite, which leaves the user craving more calories and an unsatisfied appetite. And don't forget, those breakfast beverages: hot chocolate, lattes and others are loaded with sugar and fat calories. Coffee and tea consumed straight rate zero calories, but if you add sugar, cream or half and half, the calorie count adds up.

Keep in mind that muscle and fat are two separate issues. To increase muscle firmness and strength one must exercise, be it aerobic or anaerobic. To decrease the size of fat cells in the body, you must burn more calories than you take in. This means the bottom line to lose extra weight is not only exercise but a reduction of caloric intake.

The method I am going to suggest to take off unwanted poundage is as follows. Stop drinking all beverages that contain calories in any form. Exceptions will be a 6-8 oz. glass of fresh orange juice in the morning and 8 oz. of milk for cereal at breakfast (no cereal-no milk). The rest of the day- and night-time beverages will be water or water-based, as with coffee or

tea, but without additives. I didn't say this would be easy! It will take about ten days to stop the sugar cravings and after about a week or so, you may start feeling the change including more energy. Keep your normal activity schedule and don't change other diet, exercise or sleep habits. Substituting water for sugary drinks will tend to make you feel full or satisfied without compensating. If caffeine is necessary, drink plain coffee or tea.

And what about DIET DRINKS including soda? The answer is an emphatic NO! In a recent study at The University of Texas at San Antonio (Health Science Center) involving 1,550 subjects, the results showed that diet soda drinkers at two cans per day have a 57 percent greater risk of obesity which is higher than the 47 percent risk for regular or non-diet soda drinkers at two cans per day. For one can of diet soda per

day, the risk is 41 percent higher for obesity. WHY? People often mistake diet or diet drinks as a diet mode, but make no modification on food. Further, artificial sweeteners INCREASE one's craving for sugar calories without satisfying the appetite.

Some artificial sweeteners have been under investigation. Aspartame, one of the most prominent in diet sodas, under some conditions regarding temperature and storage, can produce increased levels of formaldehyde in the soda which when consumed goes into your body. Diet soda is not the answer to losing weight or a healthy lifestyle. Current research is investigating into other detrimental efforts of artificial sweeteners.

The no calories in beverages system has worked for several people, but like most worthwhile things in life, it will take some discipline and will power. One example I am very familiar with involved a male football athlete whose playing weight was 227 lbs and when play ended at age 29 dropped his weight to 190 lbs with increased aerobic training within a year.

He maintained that weight easily for about three years and then slowly began to creep upward until at age 39, he weighed about 220 lbs. The gain took place while still running two miles on alternate days and lifting weights moderately. Also, his energy level decreased. He became very

dissatisfied with this gain and began to analyze his dietary habits. While excessive food consumption did not appear to be a factor, the analysis showed he was drinking at least two sodas daily, coffee with cream and sugar and a frequent beer or other alcoholic beverage with dinner and in the evening.

He was consuming in a neighborhood of an extra 500 to 700 calories per day in beverage form. Changing to no calories in beverages took some willpower, but after 10 days, he lost 3 lbs and was feeling more energized. In a month, the 3 lbs went to 8 lbs and his run increased to 3 miles. At the end of six months, his goal of 180 lbs was reached and he was training for a half-marathon.

At this point he reinstated some of the beverage restrictions but still does not drink any type of soft drink, carbonated or non-carbonated, diet or regular. The weight has stayed off for 25 years and he still remains physically active.

The results of this case may not work the same for everyone, but if you are frustrated with your weight or appearance, it may be worth a try. There is no doubt increased activity plays a role, but as previously stated, a reduction in caloric intake is necessary to reduce weight. It is a fact that as people decrease body weight, their exercise tolerance increases along with an increase in energy level.

As in beginning any exercise or weight-reduction program, you may want to check with a physician for approval to see if it is right and healthy for you. The material stated above is for adults and not recommended for children without medical supervision.





# MVGC offers golf lessons

By Thom Williams  
Scout Staff

Fort Huachuca's Mountain View Golf Course offers lessons for beginning golfers and seasoned low-handicappers alike who want to learn the game or just fix a minor flaw in their stroke.

Pixie Smith, 47, who has been golfing for the past 20 years, gives the majority of lessons at the course.

She has a four handicap and recently finished as the top amateur at Art Wall Best-Ball Golf Tournament that was held at the Turquoise Valley Golf Course in Naco, Ariz. Smith carded a gross score of 70, three strokes better than her professional male counterpart.

Smith holds clinics and gives private and group lessons at the Fort Huachuca course. She uses a method she picked up from Jim Flick, who runs a golf school in Scottsdale, Ariz.

In golf circles, Flick is considered to be one of the 10 best golf instructors of the 20<sup>th</sup> century.

"I guess you could call it an old-school method," Smith said. "The newer methods are involved in the big turn and the big muscles, the power swing and to me, when you get too much power in (your) thoughts with a golf swing, you are not going to hit the ball real well."

Smith believes the Flick approach to the sport is the best way to teach and learn.

"I think the easiest method is applying the tool, which is the club head, to the ball, without a whole lot of body motion, just letting the body react to the swinging of the golf club," she said.

Smith became a follower of the "Flick Method" when she was looking for a swing coach for her daughter who played on the Buena High

School girls' golf team.

LaRae is now in her sophomore year at Montana State University, Bozeman, Mont., on a full golf scholarship.

Smith gives most of her lessons on the course driving range, but she does instruct students on the actual golf course as well.

She just finished teaching a golf clinic that offered a series of lessons spread out over four evenings, and there are more clinics in the planning stages.

The clinic instruction lasts about an hour, and Smith spends most of her time working on the golfer's set-up, alignment and grip. Clinic costs are \$60.

Smith feels that anyone taking up the sport should take lessons.

"There is nothing worse than working with someone who has acquired a lot of bad habits and tries to force their swing instead of just letting it happen naturally," Smith said.

Once a beginner student starts hitting the ball well, she will teach chipping and putting.

"There have been a couple of women that I've taken out on the course and taught them course management, and where not to hit the ball and where to miss," she said "You don't want to miss in a bad spot if you are going to miss the green."

Smith says she is still learning about golf, and she is like a sponge when it comes to retaining information about playing the game.

"I love to read books and Jim's (Flick) book. I must have read it 20 times, and I still find some things in there make a lot of sense," she added.

Smith believes that once a person learns to play golf, it's a sport that can be played for a lifetime.

"We have a lot of retired



Photo by Thom Williams

**Pixie Smith (right), a golf instructor at Mountain View Golf Course, works with Brandon Denker on his alignment and set-up on the driving range at the course.**

people who couldn't do a lot of other sports that can still play golf and enjoy it," Smith said. "There are a lot of sports that, when you are 75, you just can't do, but golf you can, because it's not physically demanding. It's more of a mentally demanding game."

When asked for a tip to help every golfer improve their game, Smith said, "swing smooth and see the club hit the ball."

For more information on golf lessons at the MVGC, call the pro shop at 533-7088.

## If you go ...

### Price list for golf lessons at MVGC

	Adult / Youth
Half-hour lesson	\$20 / \$15
50-minute lesson	\$30
2-person half hour	\$35
2-person 50 minute	\$55

# Advertisement



# Advertisement

## Mentors for youth needed

Southeast Arizona Behavioral Health Services Inc. is seeking people to volunteer to mentor at-risk youth in the organizations New Turf Prevention Program in Cochise County. Applicants must be at least 21 years old and will receive six hours of training.

The purpose of the program is to positively impact at-risk children's lives.

The average commitment is 1-3 hours a week for one year. For information call 459-6377 extension 211.

## Pie baking at Farmers Market

Bisbee Farmers Market is holding a fiber arts festival Saturday. The Bisbee Farmers Market is open in Vista Park from 8 A.M. to noon on Saturdays.

For more information about the Bisbee Farmers Market, call Suzi Pretty at 234-3306.

To get to Vista Park from Sierra Vista, take either SR 92 or SR 90 then SR 80 to the Bisbee roundabout. Take the Bisbee Road exit and continue until you reach Vista Park on the left.

## 18th Annual Patagonia Fall Festival set

The festival is set for Oct. 14th and 15th, starting at 10 a.m. daily in the Town Park. Patagonia Town Park is located on Arizona Route 82 between Sonoita and Nogales.

For more information contact the Patagonia Visitor Center at 394-0060 or 888 794-0060 or visit [www.patagoniaaz.com](http://www.patagoniaaz.com).

## ACS offers Resumix Class

Army Community Service will offer the Resumix Class, from 5:30 to 8 p.m. Oct. 16 at the ACS Building 50010.

This class teaches how to navigate the Army

Civilian application process. This class is open to the public.

To register, call ACS at 533-2330.

## Newborn classes offered by ACS

The following prenatal classes will be offered by Army Community Service in October:

From 6:30 to 8:30 p.m., Wednesday at ACS, Breastfeeding Your Newborn; and from 6:30 to 8:30 p.m. Oct. 18 at ACS, Caring For Your Newborn.

These classes are free and open to the public. To register, call 533-2330.

## FHCSC holds Polish Pottery Bingo

Join the Fort Huachuca Community Spouses Club for Polish Pottery Bingo on Oct. 18, at the Thunder Mountain Activity Centre. Social hour starts at 6 p.m. and the buffet will begin at 6:45 p.m. The cost is \$11.00. The bar will be open. No on-site childcare will be available.

Ten games will be played with bundles of ten cards selling for \$10.00, and individual games for \$2.00. Members, guests and newcomers are encouraged to bring a friend.

For reservations, please call 439-9163 or email at [leaslietorres@cox.net](mailto:leaslietorres@cox.net). The deadline for reservations is Oct. 13 at noon.

The We Care project for October is Habitat for Humanity. The Sierra Vista Chapter of Habitat for Humanity opened a second hand store. Help by donating time, money or new or gently used items. Bring the items to the Polish Pottery Bingo. For more information or for large item pickups, call 458-0016.

## Extreme Bike Event slated

The Tucson Chapter of the Brain Injury Association of Arizona is sponsoring an extreme bike event

to promote helmet safety among Arizona youth.

The event featuring a demonstration by professional bicycle stunt rider, Rich Wieber will be held Oct. 21 from noon to 4 p.m. at the Tucson Mall, in the outside parking lot's southeast corner, near the old Macy's store.

There will be free helmets and fittings for youth and young adults along with a yo-yo team demonstration and other fun and prizes.

For more information visit the association's Web site at [www.biaaz.org](http://www.biaaz.org).

## Amazing Arizona Lecture set

The Amazing Arizona Lecture Series at the Henry Hauser Museum in the Ethel Berger Center will feature, "Natural Brown Canyon Ranch — the Birds, Butterflies and Natural Wonder of Ramsey Canyon" at 7 p.m., Oct. 18.

Sherri Williamson and Tom Wood, naturalists from the Southeastern Arizona Bird Observatory, will continue exploration of Brown Canyon Ranch and its surroundings as they give an imaginary tour of the flora and fauna of Ramsey Canyon and Brown Canyon, home of some of the best hummingbird and butterfly watching in the United States.

For more information, call Megan Sneary, culture and leisure supervisor, at 417-6980.

## Latin Fiesta scheduled

The Davis-Monthan Air Force Base Hispanic Heritage Committee is holding a Latin Fiesta Oct. 7 from 7 p.m. to midnight.

This event will culminate the Hispanic Heritage Month celebration, and features educational events, a live band, DJ, dance demonstration and lessons, and food (hors d'oeuvres). Everything except beverages is free.

For more information call Capt. Miguel Guevara at 520-228-2577.

## At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.  
Accepted  
PG-13

Friday -7 p.m.  
Crossover  
PG-13

Saturday -2 p.m.  
Free Showing  
— Barnyard

7 p.m.  
World Trade Center  
PG-13

Sunday -2 p.m.  
Material Girls  
PG

Reduced prices on Thursday evening and Sunday matinees.

## Watch CAC

The Commander's Access Channel is your channel. We provide a window to the military community that you live in. Committed to the value of community television we are your source for military news and local information. We share in your successes and connect you to the events that are shaping your future. We're your channel.... Cable 97.



## Where's Wettle?

Wettie is standing in the Self Help Store in front of a display showing water conserving devices that are available to housing residents on Ft. Huachuca. If you live on Post, stop by to check them

out to see if you are using the latest water and energy saving devices.

Congratulations to **Myung Kim**, human resources assistant, Promotions/Actions/Records, who correctly identified Wettie's location, and was picked in the drawing.

Next week's Scout will offer another opportunity to guess Wettie's location.

This contest is sponsored by the Fort Huachuca Water Wise and Energy Smart program and The Fort Huachuca Scout.





2006 Intramural Flag Football Standings  
(as of September 28, 2006)

American Football Conference

TEAM	W	L	PCT.	GB
Co. E 309 <sup>th</sup> MI BN	6	0	1.000	---
MEDDAC	4	2	.667	2
HHC, 11 <sup>th</sup> SIG	4	2	.667	2
Co. C, 304 <sup>th</sup> MI BN	3	3	.500	3
HHC, USAG	3	2	.500	3
Co. A 305 <sup>th</sup> MI BN	3	3	.500	3
HHC, 111 <sup>th</sup> MI	3	3	.500	3
USMC	1	5	.167	5
18 <sup>th</sup> MP DET	0	6	.000	6

September 28, 2006

JITC	19	Co. B, UASTB	6
NCOA	20	USBP	13
EPG	12	Co. B, 305 <sup>th</sup> MI	0

September 27, 2006

HHC, 11 <sup>th</sup> Sig.	20	18 <sup>th</sup> MP DET	14
HHC, 111 <sup>th</sup> MI	22	Co. C, 304 <sup>th</sup> MI	0
HHC, USAG	20	Co. E, 309 <sup>th</sup> MI	13

September 26, 2006

USBP	21	Co. A, UASTB	6
Co. C, 305 <sup>th</sup> MI	20	NCOA	19
Co. B, 305 <sup>th</sup> MI	7	NETCOM	6

September 25, 2006

HHC, USAG	26	MEDDAC	7
HHC, 111 <sup>th</sup> MI	28	USMC DET.	8
Co. C, 304 <sup>th</sup> MI	24	HHC, 11 <sup>th</sup> Sig.	12

National Football Conference

TEAM	W	L	PCT.	GB
EPG	6	0	1.000	---
NCOA	3	1	.750	2
*USBP	4	2	.667	2
Co. F, 309 <sup>th</sup> MI BN	3	2	.600	2½
JITC	2	2	.500	3
Co. B, UASTB	2	2	.500	2
Co. B, 305 <sup>th</sup> MI BN	2	4	.333	4
Co. A, UASTB	1	3	.250	4
Co. C, 305 <sup>th</sup> MI BN	1	3	.250	4
NETCOM	0	5	.000	5½
*Recreational Team				



Photo by Thom Williams

**Nicklaus Warner, 18<sup>th</sup> MP Det. finds a hole and tries to outrun members of the HHC, 11<sup>th</sup> Signal Bde. football team. HHC, 11<sup>th</sup> Signal Bde. beat the 18<sup>th</sup> MP Det. 20-14.**

Commander's Cup 6-Mile Cross Country Results

■ Adan Rivas  
Co. B, 40<sup>th</sup> Sig Bn  
38:38:00

■ Chazz Owens  
38:53:00

■ Neil Barrett  
JITC, 40:51:00

■ David Solano  
JITC, 41:25:00

■ Jeffery Isbrigg  
NCOA, 41:25:00

■ Emir Sehic  
Co. C, 304 MI Bn  
42:26:00

■ Mark Lipin  
JITC, 42:28:00

■ Allison Van  
JITC, 43:08:00

■ Melissa Campbell  
Co. C, 304 MI Bn  
44:26:00

■ Douglas Brittain  
NCOA, 46:27:00

■ Thomas Van  
JITC, 47:19:00



Photo by Thom Williams

**Adan Rivas, Company B, 40<sup>th</sup> Signal Battalion checks his watch after crossing the finish first.**

■ Paul Marshall  
NCOA, 50:06:00

■ Daniel Green  
NCOA, 50:08:00

■ Kara Hess  
Co. C, 304 MI Bn  
51:51:00

■ Cris Clark  
NCOA, 52:22:00

■ Fred Stahl  
RET, 52:32:00

■ Meg Fitzpatrick  
Co. C, 304 MI Bn  
53:18:00

■ Heather Russell  
JITC, 54:54:00

■ Maria Vockert  
NCOA, 56:48:00

■ Fabrienne Jones  
NCOA, 57:37:00

■ Damon Wise  
NCOA, 57:40:00

■ Diana Douglas  
JITC, 1:04:53:00

■ Adam Skerven  
JITC, 1:08:48:00

*Commander's Cup  
Points earned  
JITC 20 points  
NCOA 36 points*

*Overall champion three  
race series NCOA*

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# Classifieds



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